

"Mormon Tea" or "Brigham's Tea"

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District Ranger Donald Cox, Ely, examines clump of "Mormon Tea" on side of Wheeler Peak in Humboldt National Forest, near Baker, Nev. Properly known as mountain rush, the bush has medicinal qualities.

Dispirited? Mormon Tea Will Fix That!

By Carl E. Hayden
Tribune Staff Writer

ELY, NEV. — Feeling a little dispirited with advent of winter?

Maybe a cupful or two of "Mormon Tea" will change your outlook a bit.

You brew it from mountain rush, still green at this season in the higher, backwoods parts of Nevada, Utah, Idaho and Wyoming.

Indians called the bushy plant show wap, and Brigham Young, who directed settlement of Salt Lake Valley, learned its value from them.

For that reason the brew became known as "Brigham tea," "Mormon Valley tea" and plain "Mormon tea."

An account in a book, "Heart Throbs of the West," by the Daughters of Utah Pioneers, states, "Theo Hollic, a nature doctor said in Salt Lake City if Brigham Young were not famous for any other reason, his bringing into use the mountain rush as a healing and purifying remedy would entitle him to being called great."

Found Organic Copper

In a combination laboratory in New York City, physicians and nature doctors found in the hollow stems of the mountain rush a "brown powder," which was identified as organic copper.

per, a known germ chaser.

Some pioneers, especially those from the Scandinavian countries, preferred cream and sugar in their Mormon tea.

A few "pepped up the taste" by adding alfalfa leaves to the mountain rush stems before brewing.

Mountain rush is a dry land brother to the marsh rush. The latter, however, has stems two to six feet in height. It is not suitable for tea, but the soft pith of its stems was used in early times to make candlewicks (often called rushlights).

Actually a common joint fir, mountain rush carries the scientific name of Ephedra antisyphilitica.

Indian Legend About Rush Tea

There is an Indian legend about show wap tea similar to the one in the Far East about genuine tea.

The Far East version is a devout man prayer without stopping for years. Then he fell asleep. To keep that from happening again he cut off his eyelids. Sitting in a garden, he prayed for five more years without sleep. Then becoming drowsy, he absent mindedly plucked and began to chew some tea leaves. Right away he became "bright and wide awake." Word of the incident spread, and many began to chew tea leaves.

It can be reasoned the legend was good business for India, which now exports 800,000,000 pounds of tea yearly.

2. Ginger made into tea was used for menstrual cramps or other cramps.
3. Sage Tea was used for headaches.

4. Wild Peppermint tea used for ?
5. Hysop was brewed into a nice tea to drink.

"Medicines" used in Early Kamas,

Summit Co., Utah

From book

"Echoes of Yesterday," in Summit Co. pp 281-2

1. Blood Purifiers used in springtime as a tea
Quaking Aspen, or Sassafras, Alder Bark.

2. Asefetida was a good preventative for
all diseases - worn in small bags around
the neck.

3. Burnt Tobacco & honey was good
remedy for worms.

4. Soap & sugar mixture was used to draw
out infection.

5. Walking in the snow barefooted helped
chill blains.

6. Yarrow tea was good for indigestion

7. Buttermilk pop was used to make one
perspire → to break up a cold.

8. Dr Marshall's humbug oil was used for
bruises & sprains. This was mfd on West
hills of Kamas by Dr Marshall

9. Riley Green salve was a well-known
remedy for burns & bruises - made by
Riley Green & the prescription was kept
in the family for many yrs.

10. ^{fried} Onion poultices & mustard plasters
were helpful in pneumonia - applied to chest

11. It was said that to eat choke cherries
& drink milk would cause severe
abdominal cramps.

12. Grandma Widdison used a hot
tea bag to apply to a sty on the eyelid to
bring it to a head & break & drain it

13. To keep disease away: (and everyone else
= Dr RR Green's note)

- a. Hold whole clove under tongue &
- b. Hang a garlic around your neck.

Cough Remedies:

1. "Honey & Vinegar":
one T Honey
one T Cider Vinegar
one glass 8oz water
Dispense: one teasp qid. (4 x ea d)

2. "Rhubarb Syrup"
1/2 cup sugar
1 cup water
3 qts Peppermint
1 Teasp Soda
Tablespoon Powdered Rhubarb
Stir in pan; Bring to Boil slowly;
Cook 15 min.

Alice Thacker Cough Remedy: (Dave's wife)

1 cup Honey
Juice of one lemon
1 teaspoon of Paregoric
Rx: mix & take 1 teaspoon for cough.